

NASA HEALTH PROMOTION AND WELLNESS TEAM

Minutes for: December 13, 2001 ViTS

Attendance: "X" means present

ARC	<input type="checkbox"/>	HQ	<input type="checkbox"/>	DFRC	<input checked="" type="checkbox"/>
JPL	<input checked="" type="checkbox"/>	PC	<input checked="" type="checkbox"/>	GSFC	<input type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input checked="" type="checkbox"/>
LRC	<input type="checkbox"/>	MAF	<input type="checkbox"/>	WSTF	<input checked="" type="checkbox"/>

NASA's Solar Safe Program

Dr. Barry

On December 7th in Washington, D.C., the Federal Council on Skin Cancer Prevention recognized NASA's efforts to increase employee awareness and reduce skin cancer. The award was presented to NASA as one of two Agencies in the federal government that had a skin cancer prevention program. The Federal Council is also working on a number of other efforts in this area. It is updating the information it provides on SPF and developing information on different skin types so that its recommendations address a satisfactory level of skin protection for lighter and darker skin types. NASA will be continuing to track how we are doing with health education and skin cancer screenings. Next year we will be again asking Centers to provide the total number of screening and health education programs provided. Though the major emphasis for skin cancer prevention is during the summer months, there are other times, such as vacation travel, when people are exposed to the sun. There continues to be an increased interest in NASA as well as other federal agencies in the reduction of skin cancer.

Astronaut Health & Wellness Program

Christine Stevens

The Flight Medicine clinic at JSC is responsible for the care of astronauts, dependents and personnel on flight status. The Astronaut Health & Wellness Program is a relatively new program (1 year) developed with the flight surgeons. The Flight Medicine clinic typically provides acute and routine medical care and has over time become the primary source of medical, preventative and acute care. The wellness program addresses the specific health needs of the astronauts from a prevention perspective and deals with the individual as a whole. The program includes several topic tracks that address special risks for the future potential of disease based on their occupation.

The top priority this year has been the hearing conservation program. Astronauts are occupationally exposed to a considerable amount of noise while training on aircrafts and living on the International Space Station (ISS). Over the past year the focus has been on getting the OSHA standard written into the program and developing a program with the best standard of care. Other program tracks being developed include nutrition, cardiopulmonary health, bone health, injury prevention, and cancer prevention.

Another program that has been up and running for several years is the Exercise & Rehab Program. This program has four strength and conditioning trainers who work with crewmembers as they are assigned to the shuttle or ISS. The trainers work with crewmembers for 1 year prior to their mission. The trainers determine the exercise for both in-flight and post flight rehab. Post flight rehab continues for a period of one (1) year.

The role of the Astronaut Health & Wellness Program manager is working with the flight surgeon assignees to those different aspects of care. The manager's role is similar in nature to that of a case manager except instead of following the disease entity and return to work the manager follows the case from a prevention perspective. The astronaut's progress is tracked as they go through the clinical protocols. An overview of this new program was recently presented to the branch chief and given approval.

AHA Heart At Work Online Program

Helen Shoemaker

To support the next quarterly campaign *American Heart Month*, the American Heart Association's (AHA) **Heart at Work Online** program has been purchased. The online program will be available for one (1) year. The program includes awareness, educational, and behavioral change activities.

The program can be previewed at www.americanheart.org/haw. This will allow you to become familiar with the site and its resources. The logon and password will be sent to each committee member early in January.

The home page contains the Program Coordinators Guide, seven (7) topics and a quarterly newsletter. The icons link the modules and subset of activities. The seven (7) topics areas are all cardiovascular disease (CVD) risk factors. They include the following:

- Physical Activity
- Nutrition, Health & Weight Management
- Stress Management
- Blood Pressure
- Signals & Actions
- Smoking Avoidance
- Heart Attack Risk Assessment

All of the **Heart At Work Online** materials are formatted as Portable Document Files (PDF). This allows the materials to be viewed and printed. Materials are downloaded using Adobe Acrobat Reader application software that is already on most computers or can be downloaded for free.

The Program Coordinator's Guide is a multi-chapter document that can be viewed online or printed. It provides information to plan, implement and maintain a health promotion program. The Table of Contents provides direct links to each of the individual chapters.

Each of the seven (7) topic modules contains a getting started guide and subset of related activities. For each activity there are materials for planning, promotional materials, such as posters and newsletters, and employee materials for activity content. The activity section lists specific materials for quick reference, provides links for “mini-view” of pages in each section and PDF icons for downloading materials or to view full-size pages.

In summary, the AHA **Heart at Work Online** program will be available for all committee members. Instructions for accessing the site, logon and password will be sent to committee members in early January. All Centers will have free access to the program and all of its materials to support your health promotional needs for one (1) year. Since this program is so broad based it can be used to support awareness, educational and behavioral change efforts in other areas throughout the year.

Cold and Influenza Programs

Center Reports

- JPL completed administering influenza vaccines. An approximate total of 2200 vaccines were given. A significant increase in the numbers of vaccines administered this year was thought to be related to the 9/11 attacks.
- WSTF has given approximately 250 vaccines, which is similar to last year.
- WFF is still offering the vaccines. To date 65 NASA civil servants have received the vaccine. Plans were to offer the vaccine to contractors the following week.
- MSFC has completed administering approximately 2645 vaccines, 1163 vaccines to civil servants and 1482 to contractors. A slight increase was seen in the numbers of vaccines given and an increased level of interest to receive the vaccine this year.
- GRC offered the vaccine to mail handlers and medical personnel first. An approximate 730 vaccines were given, 700 to civil servants. The number of vaccines requested seems to be the same as last year. Many of the contractors were receiving their vaccine off base.
- SSC has given approximately 1637 vaccines, 76 to NASA civil servants. There has been an increase in the number of vaccines given from the previous year. Mail handlers and first responders were offered the vaccine first.
- JSC has given approximately 3500 vaccines, 2200 of those to civil servants.
- KSC received the influenza vaccine late and has begun offering it in December and will continue into January. The number of requests is the same as the previous year. A lot of individuals have gone outside due to the delay in receiving the vaccine.

Health Threat Awareness Training

Center Updates

The 20-minute tape *Health Threat Awareness* has been sent by the NASA Occupational Health Program (OHP) Principal Center Office (PCO) to the Chief Nurses and Medical Contracting Officers (COTRs). A letter from Headquarters was sent to each Center Director about the training module for the general employee population. Center implementation was discussed.

KSC and DFRC have shown the tape multiple times on the local NASA channel. Additionally, DFRC has added a number of resources, such as NIOSH, OSHA, to their web site. At JPL the Medical Director gave presentations on this topic to small employee groups upon request prior to the tape being received. At GRC copies of the tape were made for each directorate to show to their staff. A representative from safety and/or from medical services will be available to answer questions when the tape is shown. WSTF, WFF and JSC are planning their implementation strategies. At SSC the environmental manager held discussion groups and classes prior to the arrival of the tape. Planning for dissemination to the general population is in the works. All of the medical staffs at the Centers have seen the 3-hour presentation for medical professionals. At many of the Centers safety, fire personnel and first responders also viewed this presentation.

Fiscal Year 2002 Promotions

- **1st Quarter October-December 2001**
 - *Cold and Influenza Promotion*
 - *National Breast Cancer Awareness*
- **2nd Quarter January-March 2002**
 - *American Heart Month*
- **3rd Quarter April-June 2002**
 - *Stress*
- **4th Quarter July-September 2002**
 - *Solar Safe*

Action Items

Metrics for Influenza and Cold Campaign

Centers should submit their data when they complete the administration of influenza vaccines. Include the total number of vaccines given and individual totals for the civil servants, contractors and others.

Metrics for National Breast Cancer Awareness

Centers should submit a very brief narrative summary of activities for this quarterly promotion.

2002 ViTS Schedule

March 20	3-4 PM EST
June 19	3-4 PM EST
September	3-4 PM EST
December 3	3-4 PM EST